



COVID-19 and Trauma Informed Care Collective Trauma 101 Training Tool Kit

Segment 1: Collective Trauma 101 – Definitions & General Information

YouTube link: <https://www.youtube.com/watch?v=Zmdf-dyLn20>

Video length: 25:25

Panel participants on video:

- Jennifer Smith, Program Coordinator for the Center for Community Health Advancement at the Marshfield Clinic Health System – Facilitator
- Samia Khan, Therapist at Whole Hearted Wellness
- Tracy Loken Weber, Lived Experience Partner with the Office of Children's Mental Health
- Scott Webb, Trauma-Informed Care Coordinator for the Wisconsin Department of Health Services

After watching the Collective Trauma 101 – Definitions & General Information video, discuss the following questions with the group you viewed the training with. If you viewed the training individually, consider these questions.

Discussion questions

1. How do you recognize in others and yourself when you need a break or a “time out”?
2. How do you/could you practice self-care in the workplace?
3. In what ways can we better normalize self-care in families, communities, and/or the workplace?
4. What have you gained as a result of COVID-19? What have you lost?
5. How will you/we “return to normal” after COVID-19?

Resources (check and add to)

- In This Together: Understanding the Effects of Collective Trauma
<https://www.dhs.wisconsin.gov/publications/p02779.pdf>
- Self-Care webinar with Jennifer Smith, Marshfield Clinic Health System – <https://youtu.be/-Fx67YlRSc>
- Resilient Wisconsin – Department of Health Services –
<https://www.dhs.wisconsin.gov/resilient/index.htm>
- Wisconsin Department of Health Services COVID-19 – <https://www.dhs.wisconsin.gov/covid-19/index.htm>
- Office of Children's Mental Health – Feelings Thermometer –
<https://children.wi.gov/Pages/FeelingsThermometer.aspx>